

APPENDIX 1: Evidence Base – Children and Families Health and Wellbeing, Staffordshire County Council

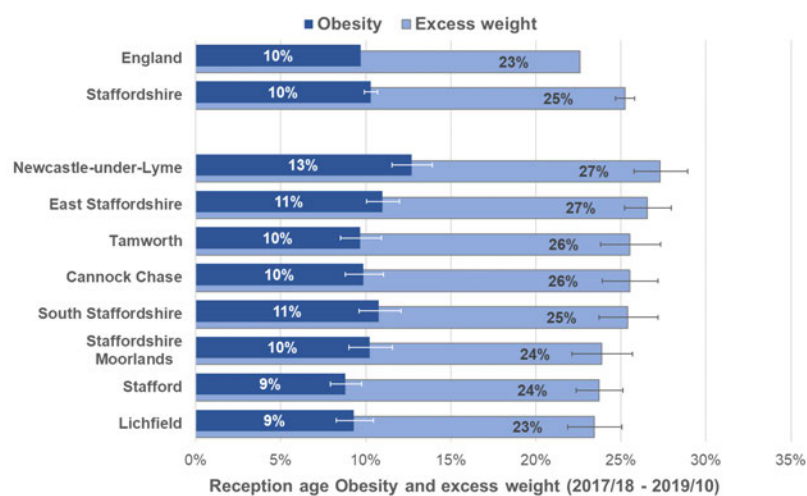
Priority: Obesity

The World Health Organization (WHO) regards childhood obesity as one of the most serious global public health challenges for the 21st century. Obese children and adolescents are at an increased risk of developing various health problems. Once established in childhood, obesity tracks into adulthood and is extremely difficult to reverse¹.

The UK Government claims that tackling obesity is one of the greatest long-term challenges the UK faces. Obesity in childhood sows the seeds of adult diseases and health inequalities in early childhood and is associated with reduced life expectancy. Helping people to achieve and maintain a healthy weight is one of the most important things we can do to improve the nation's health².

During 2018/19 the prevalence of Staffordshire children who are overweight or obese combined in Reception is 24.9% rising to 34.8% by the time they reach Year 6.

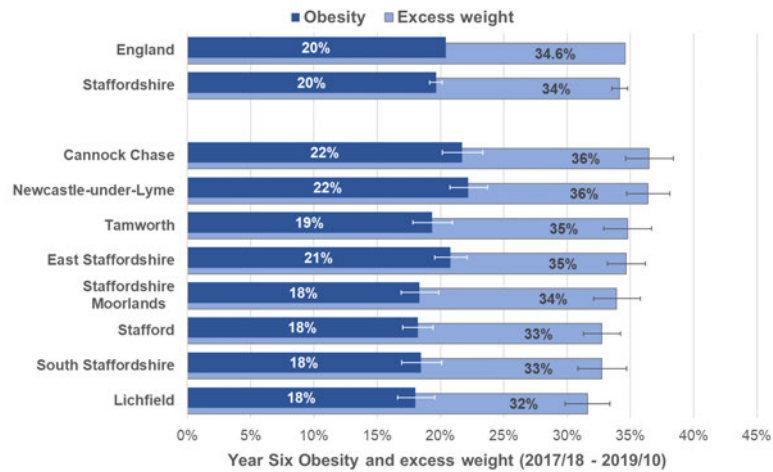
Figure 1: District comparison for levels of excess weight at Reception age, between 2017/18 – 2019/20



¹Simmonds, M., Llewellyn, A., Owen, C. G., and Woolacott, N. (2015) *Predicting adult obesity from childhood obesity: a systematic review and meta-analysis*. *Obesity Reviews*, 17: 95–107.

²Department of Health & Social Care (2020) *Tackling Obesity: empowering adults and children to live healthier lives*. Available at <https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives> (Accessed 08 September 2020).

Figure 2: District comparison for levels of excess weight at Year 6 age, between 2017/18 – 2019/20



During 2017/18 – 2019/20 Stafford and Lichfield had lower than county average rates of children who were obese in Reception (Figure 1). Tamworth, Cannock Chase and Staffs Moorlands had similar to county average rates of children who were obese in Reception, with East Staffs and South Staffs and Newcastle-under-Lyme higher than county average rates. Newcastle-under-Lyme had the highest rates of the eight districts.

During 2017/18 – 2019/20 Staffs Moorlands, Stafford, South Staffordshire and Lichfield had lower than county average rates of children who were obese in Year 6 (Figure 2). Cannock Chase, Newcastle-under-Lyme, East Staffs and Tamworth had higher than county averages of rates of children who were obese in Year 6.

Across Staffordshire excess weight is higher than average in 28 of 164 wards at Reception age, and in 11 of 164 wards at Year 6 age. The highest wards are shown in Table 1 and Table 2.

Table 1: Reception - Wards that have prevalence of overweight (including obesity) that are statistically higher than England, 2017/18 – 2019/20.

Table 1: Wards that have prevalence of overweight (including obesity) that are statistically higher than England, 2017/18 to 2019/20		
Reception - England prevalence 22.6%		
Reception - Staffordshire prevalence 25.2%		
Ward name	Local authority	Prevalence
Cannock East	Cannock Chase	31.7%
Cannock North	Cannock Chase	30.20%
Branston	East Staffordshire	27.30%
Eton Park	East Staffordshire	26.60%
Heath	East Staffordshire	32.60%
Horninglow	East Staffordshire	27.10%
Chadsmead	Lichfield	29.40%
Curborough	Lichfield	33.30%
Fazeley	Lichfield	34.60%
Bradwell	Newcastle-under-Lyme	33.30%
Clayton	Newcastle-under-Lyme	31.20%
Crackley & Red Street	Newcastle-under-Lyme	32.30%
Cross Heath	Newcastle-under-Lyme	28.90%
Holditch & Chsterton	Newcastle-under-Lyme	33.30%
Kidsgrove & Ravenscliffe	Newcastle-under-Lyme	29.30%
Loggerheads	Newcastle-under-Lyme	28.60%
Silverdale	Newcastle-under-Lyme	32.60%
Cheslyn Hay North and Sarsley	South Staffordshire	31.60%
Cheslyn Hay South	South Staffordshire	30.80%
Great Wryley Landywood	South Staffordshire	35.00%
Huntington & Hatherton	South Staffordshire	31.00%
Perton Lakeside	South Staffordshire	30.60%
Wombourne South West	South Staffordshire	29.20%
Highfields & Western Downs	Stafford	31.20%
Penkside	Stafford	30.30%
Leek North	Staffordshire Moorlands	28.90%
Glascote	Tamworth	30.20%
Stonydelph	Tamworth	31.10%

Table 2: Year 6 age - Wards that have prevalence of overweight (including obesity) that are statistically higher than England, 2017/18 – 2019/20.

Table 2: Wards that have prevalence of overweight (including obesity) that are statistically higher than England, 2017/18 to 2019/20		
Year 6 - England prevalence 34.6%		
Year 6 - Staffordshire prevalence 34.2%		
Ward name	Local authority	Prevalence
Cannock East	Cannock Chase	50.00%
Anglesey	East Staffordshire	42.50%
Horninglow	East Staffordshire	40.50%
Shobnall	East Staffordshire	41.10%
Armitage with Handsacre	Lichfield	41.70%
Holditch & Chesterton	Newcastle-under-Lyme	45.20%
Kidsgrove & Ravescliffe	Newcastle-under-Lyme	50.00%
Featherstone and Shareshil	South Staffordshire	42.90%
Eccleshall	Stafford	42.90%
Cheadle North East	Staffordshire Moorlands	44.40%
Glascote	Tamworth	41.80%

Further obesity data can be found at: [Obesity Profile - PHE](#) (2021) and [Local Health - Public Health England - Reports: get a dashboard on a custom area](#) (2021).

Priority: Infant Mortality

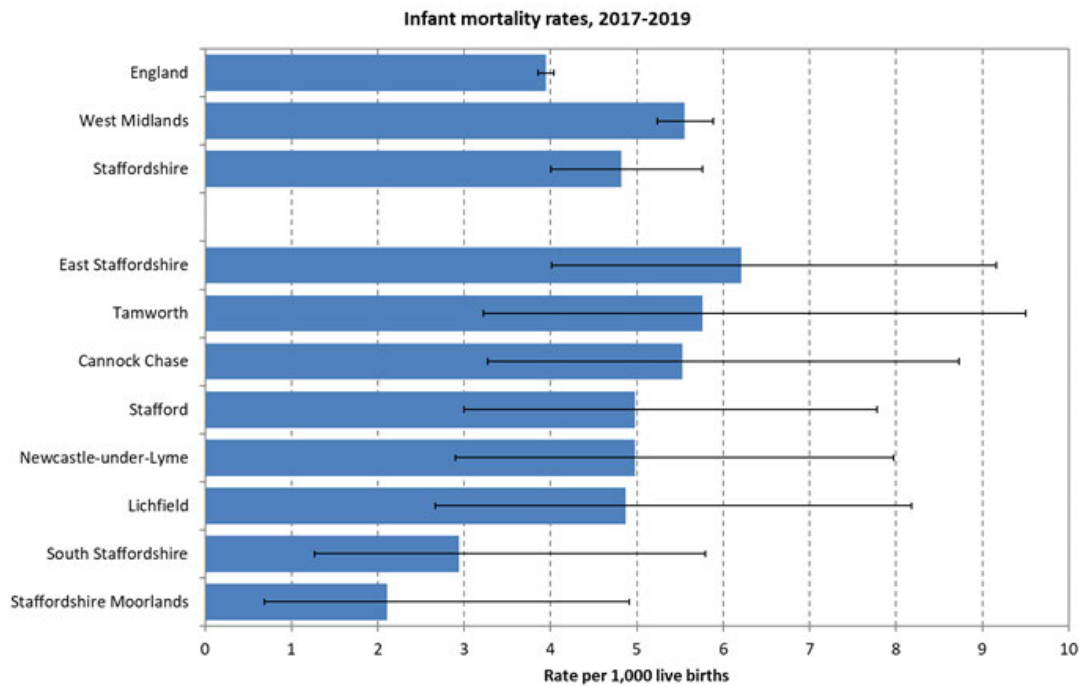
Infant mortality is a common measure of health care quality, but is influenced by social, economic and environmental factors. The infant mortality rate is the number of children that die under one year of age in a given year, per 1,000 live births.

Infant mortality in Staffordshire has decreased since a peak of 141 infant deaths (2015-2017) to 122 infant deaths (2018-2020).

There has been a small increase in the infant mortality rate in Staffordshire in 2018-2019 (5.0) compared to the rate in 2017-2019 (4.8).

The infant mortality rate in Staffordshire was 5.0 in 2018-2020, which is statistically higher than the national rate (3.9) and is the eighth highest rate of 14 statistical neighbours, but lower than the West Midlands region (5.6).

Figure 3: District comparison of infant mortality rates, 2017-2019



Source: Office for National Statistics Mortality Data

East Staffordshire and Tamworth have the highest rates of infant mortality in Staffordshire, and East Staffordshire is the 10th worst area in England.

There are a number of key risk factors for infant mortality in Staffordshire, including smoking during early pregnancy and at time of delivery, and access to early infant health care checks.

14.2%	15.9%	2 in 5	1 in 13	10.1%	53%	1 in 5	3 in 10
Of mothers' smoke during early pregnancy	Conceptions in women aged under 18	Mothers do not start breastfeeding	Babies born with low birthweight	Of mothers' smoke at time of delivery	Of pregnant women in Staffordshire do not get a flu jab	New Birth Visits (NBVs) not completed	Babies did not receive a 6-8-week review

Source of data: PHE 2021, NHS Digital 2021, ONS 2021. Key – Statistical difference to National: **Better**, Similar, **Worse**

Further infant mortality data can be found at: [Child and Maternal Health - Data - PHE \(2021\)](#).

Priority: Children and Young People's Mental Health

Around half of all adults with mental health issues develop symptoms before the age of 14 and mental health is a key risk factor for needing social care – 60% of children's social care assessments in Staffordshire cite mental health as a factor.

37.3%

Of care experienced children and young people in Staffordshire whose emotional wellbeing is a cause for concern (2020)

493.1

10 – 24-year-olds were admitted to hospital as a result of self-harm in Staffordshire (2019/20)

79.3 per 100,000

Children and young people under 18 years admitted to hospital for mental health conditions (2019/20)

Between 1 and 2 in 10 children in Early Years have poor emotional health and wellbeing (2017/18)



2,780 to 5,550 Staffordshire children

Almost 1 in 10 children of school age have a mental health disorder (2017/18)



15,218 Staffordshire children / young people aged 5-17 years.

The Covid pandemic and lockdowns have impacted children and young people's mental health in many different ways. Children and young people report experiencing increased anxiety, behavioural problems and increased conflict at home. Those with existing mental health conditions may find they have been exacerbated by the pandemic ([NHS Digital, 2021](#)).

Further children and young people's mental health data can be found at: [Children and Young People's Mental Health and Wellbeing - PHE \(2021\)](#).

